

Risk Factor	Stage			
	0	1	2	3
Metabolic	No metabolic abnormalities	<ul style="list-style-type: none"> Acanthosis nigricans Impaired glucose tolerance (7,8 mmol/L – 11.0 mmol/L) Impaired fasting glucose <p>Prehypertension</p> <p>Lipids at upper end of normal range:</p> <ul style="list-style-type: none"> LDL-C or non-HDL-C: 3.4 mmol/L – 4.1mmol/L HDL-C: 0.8 mmol/L – 1.03 mmol/L Triglycerides: 1.5 mmol/L– 4.0 mmol/L <p>ALT: 1.5–2.0x normal</p> <p>Ultrasound: mild to moderate fatty infiltration of the liver</p>	<p>Type 2 diabetes without diabetes-related complications</p> <p>Hypertension</p> <p>Lipids modestly elevated:</p> <ul style="list-style-type: none"> LDL-Cholesterol and/or non-HDL-Cholesterol > 4.2 mmol/L HDL-Cholesterol < 0.80 mmol/L T Triglycerides > 4.0 mmol/L <p>ALT: 2– 3x normal</p> <p>Ultrasound: severe fatty infiltration of the liver</p> <p>Polycystic ovarian syndrome</p>	<p>Type 2 diabetes with diabetes-related complications or Hg A1C ≥8 %</p> <ul style="list-style-type: none"> Uncontrolled hypertension on pharmacotherapy Focal Segmental Glomerulosclerosis <p>Elevated lipids requiring pharmacotherapy</p> <p>ALT: >3x normal</p> <p>Liver dysfunction</p> <p>Cardiomegaly</p>
Mechanical	No functional limitations	<p>Mild Obstructive Sleep Apnea not requiring BiPAP or CPAP</p> <p>Mild musculoskeletal pain that does not interfere with activities of daily living</p> <p>Dyspnea with physical activity not interfering with activities of daily living</p>	<p>OSA requiring BiPAP or CPAP</p> <p>MSK pain and/or complications limiting physical activity</p> <p>Dyspnea causing moderate limitations in activities of daily living</p> <p>Gastroesophageal reflux disease</p>	<p>OSA requiring BiPAP or CPAP and supplementary oxygen overnight; pulmonary hypertension</p> <p>Limited mobility; Blount’s Disease; Slipped Capital Femoral Epiphysis;Osteoarthritis</p> <p>Dyspnea when sleeping or sitting</p> <p>Peripheral edema</p>

Mental health	No psychopathology	Mild depression or anxiety that does not interfere with functioning	Major depression or anxiety disorder	Uncontrolled psychopathology
		Mild body image preoccupation/concern	Significant body image disturbance	Self/physical loathing
		Mild emotional/binge eating (occasional)	Moderate binge eating (frequent)	Severe binge eating (daily)
		Developmental delay with mild impact on weight management	Developmental delay with moderate impact on weight management	Developmental delay with severe impact on weight management
		ADHD or learning disability		
Social Milieu	No parental, familial, or social environment concerns	Occasional bullying at school or at home	Significant bullying at school or at home; poor school attendance	School refusal / absenteeism
		Minor problems in the relationships of the child with one or more family members	Moderate problems with parents, siblings and/or other family members, frequent arguing, difficulty maintaining positive relationships	Severe problems with parent, siblings or other family members, constant arguing or family violence
		Caregiver is generally knowledgeable of child's needs/strengths, but may require information or support in parenting skills	Need for information on parenting skills; current lack of information interfering with ability to parent effectively	Unable to monitor or discipline child
		Caregiver has minimal difficulty in organizing household to support needs of child	Moderate difficulty organizing household to support needs of child/youth	Unable to organize household to support needs of child; experienced recent periods of homelessness
		Caregiver is recovering from medical/physical, mental health and/or substance use problems	Medical/physical problems that interfere with parenting; has some mental health, substance use and/or developmental challenges that interfere with parenting	Medical/physical, mental health, substance use or developmental challenges that make it impossible for caregiver to parent effectively
		Mild financial limitations	Moderate financial limitations	Severe financial limitations Dangerous home environment; child protection involvement

The EOSS-P can be applied to all children and youth with obesity. Individuals are assigned whatever stage is the highest in which they present with any metabolic, mechanical, mental health or social milieu risk factors. ADHD Attention deficit hyperactivity disorder; ALT Alanine aminotranferase; BiPAP Bi-level positive airway pressure; CPAP Continuous positive airway pressure; HDL-C High-density lipoprotein cholesterol; LDL-C Low-density lipoprotein cholesterol; MSK Musculoskeletal; OSA Obstructive sleep apnea; PCOS Polycystic ovary syndrome; T2D Type 2 diabetes; TG Triglycerides